



**Robert E. Bush**  
Naval Hospital

## Did you know?...

**Y**ou have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

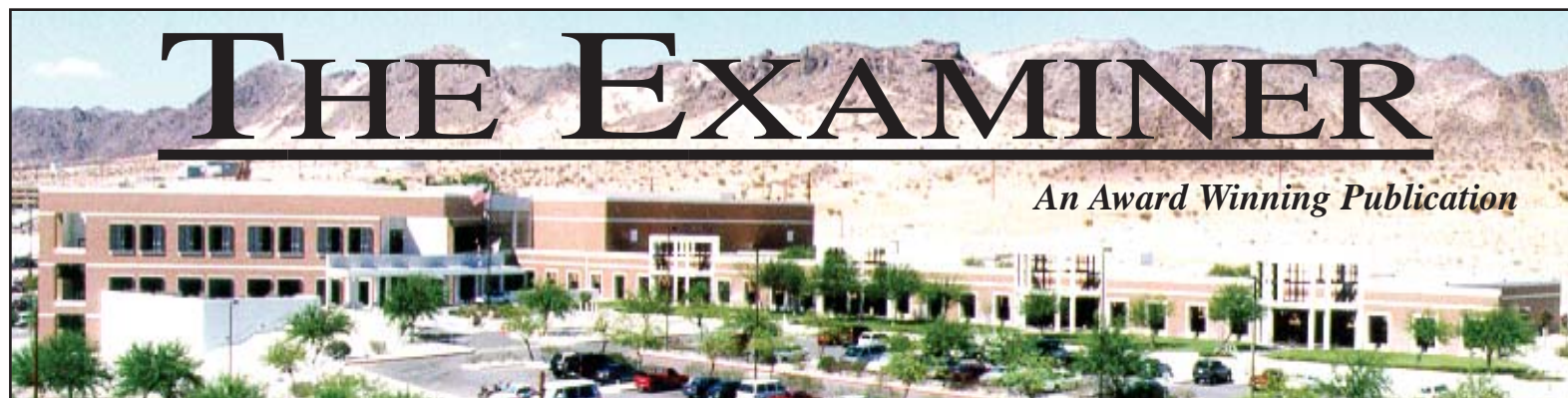
- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at [complaint@jointcommission.org](mailto:complaint@jointcommission.org) Fax: 630-792-5636

The Joint Commission  
Oak Renaissance Boulevard  
Oakbrook Terrace, IL 60181

**T**o report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344  
Combat Center: 760-830-7749  
NavMedWest: 1-877-479-3832  
Medical IG: 1-800-637-6175  
DoD IG: 1-800-424-9098

Commanding Officer  
Naval Hospital Public Affairs Office  
Box 788250 MAGTFC  
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

# Navy Nurse Corps Celebrates 106th Birthday

By NHTP Public Affairs

Naval Hospital Twentynine Palms celebrated the Navy Nurse Corps' 106th anniversary May 13 with cake, awards and speeches. Genevieve Salisbury, 84, guest of Capt. Sandra Mason, spoke about her experiences as a Navy nurse in the 1950s. She served from 1954 to 1956 earning the rank of lieutenant, junior grade. In those days, Salisbury said, if you wanted to start a family, you left the service. Salisbury met her future husband, Edward, during an atomic-bomb drill in front of Naval Hospital San Diego. The Salisburys raised six children and have lived in Twentynine Palms since 1974. Capt. Edward Salisbury spent 31 years as a Navy internist. Ms. Salisbury brought her Navy Corps cape to show to younger nurses who were impressed by its weight (6 pounds) and elegance.

Ms. Salisbury recounted how her husband, Edward, during his internship at Naval Medical Center Oaknoll in 1960, won-



*Genevieve Salisbury (seated) poses with NHTP nursing staff following award ceremony and reminiscence marking the 106th anniversary of the Navy Nurse Corps.*

dered why the nursing staff was in awe of an elderly, ambulatory female patient. He later learned she was the last remaining member of the Sacred Twenty, the original 20 female nurses accepted into the Navy Nurse Corps.

*The following is from Navy Medicine, Office of the Historian:*

By Andr  B. Sobocinski

On May 13, 1908, President Theodore Roosevelt signed the Naval Appropriations Bill authorizing the establishment of the Nurse Corps as a unique staff corps in the Navy.

Initially, all Nurse Corps candidates were required to travel to Washington, D.C., at their own expense and take an oral and written examination. Since many applicants expressed reluctance to travel at their own expense, U.S. Navy Surgeon General Presley Rixey ordered that applicants be allowed to submit an original essay on the topic of "nursing practices" by

mail, in lieu of an onsite written examination.

The nucleus of this new Navy Nurse Corps was a superintendent Esther Hasson, a chief nurse Lenah Higbee, and 18 other women--all would forever be remembered as the "Sacred Twenty."

Beatrice Bowman, one of these pioneering nurses, and later superintendent of the Nurse Corps, recalled that these "nurses were assigned to duty at the Naval Hospital, Washington, D.C. There were no quarters for them but they were given an allowance for quarters and subsistence. They rented a house and ran their own mess. These pioneers were no more welcome to most of the personnel of the *Please see Nurses, page 7.*

**Patients seen in April -- 12,142**

**Appointment No Shows in April -- 1,148**

In April we had an 8.6 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: *Naval Hospital Twentynine Palms.*

**To make an appointment call -- 760-830-2752**

**To cancel an appointment call -- 760-830-2369**



# NHTP Recognizes Asian/Pacific American Heritage



HM3 Ian Lawler (left) and Nick Wang demonstrate mixed martial arts.



HN Dennis Roxas performs songs by Bruno Mars who is originally from Honolulu, Hawaii.



No Asian/Pacific celebration would be complete without the attendance of the traditional roast pig.



MCAGCC Sgt. Maj. Karl Villalino, guest speaker, recounted the many accomplishments of American Asian/Pacific service members throughout the history of the USA.



Joyce Teo (left) demonstrates a traditional Hawaiian dance with the help of her student, Tootsie Melei.



Som Harz performs a classical Thailand dance called, "The Dreamer."



Vaitupu Melei demonstrates a traditional Tahitian dance.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

#### How to reach us...

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# Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



**Tanya Stuckey**

Preventative health screenings and self-monitoring are an essential part of maintaining good health and increase early detection when problems arise. For example, one patient wrote:

Dear Tanya,

I am a 50-year-old man and I'm concerned about my prostate. When I talk to my doctor about it, he doesn't seem interested and says new guidelines recommend not doing anything. But when I read about Gen. David Petraeus, the news articles frequently mention his prostate cancer and the fact that he received radiation therapy for it. Is there a two-

tiered system? Does a person have to have high enough rank to receive a thorough diagnosis?

Signed,  
Troubled Down Under

According to the American Cancer Society, Starting at age 50, men should talk to a doctor about the pros and cons of testing so they can decide if testing is the right choice for them. If they are African American or have a father or brother who had prostate cancer before age 65, men should have this talk with a doctor at age 45. If men decide to be tested, they may opt to have the Prostate-Specific Antigen (PSA) blood test with or without a rectal exam. How often they are tested will depend on their PSA level.

Research has not yet proven that the potential benefits of testing outweigh the harms of testing and treatment. The American Cancer Society believes that men should not be tested without learning about the risks and possible benefits of testing and treatment. Ask your healthcare provider about your risks and benefits and decide together what the best course is to take for your spe-

cific health plan.

Each patient is different and must be treated to the extent his/her symptoms and diagnosis suggest is the right course of action as discussed and agreed upon by the patient and medical team. This is often an area of confusion and frustration when patients with similar concerns are prescribed different instructions. Family history, diet, activity level, other medical issues may contribute to different prescriptions of care.

For this concerned gentleman and others, I continue to say that you are your best advocate. It is important that you are a part of the team when it comes to your healthcare. If you have a concern regarding what a provider has advised, ask him/her to schedule more time to sit and talk with you about how he/she came to that conclusion. If you still want or need more information, feel free to contact your clinic's nurse educator, NHTP Ombudsman at 760-910-2050/NHTPOmbudsman@yahoo.com or the Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics.

If you want to know more about Health and Wellness programs or would like to see a particular health topic featured in the Examiner, give me a call or send an email and I would be glad to do the research and report back to you about what I found!

.....  
Summer Safety

Summer, Summer, Summertime... Definitely a time to sit back and unwind. Yes, I was a teen of the 90s, a huge Fresh Prince fan and I still look forward to the sun and fun of summer! What are your plans for this beautiful time of year? Are you up for a cool dip in one of the Combat Center swimming pools? A movie in the cool Sunset Cinema? Or maybe you are planning to participate in early morning or late evening hikes, runs or rock climbing through our desert terrain.

I have heard from several staff and patients that their summers are full of off-roading, trips to the river and beaches, PCS moves to cooler climates, and "just chillin'."

No matter what your plans are, you are in need of some summer safety planning. No kidding, it gets H-O-T here in the summer! With temperatures hitting the 100s, we all have to think about hydration, heat and

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sun protection, critter care and travel safety.

Soon the kids will be out for the summer and family trips and PCS moves will commence. The great outdoors calls and we will answer. Southern California is home to some of the best theme parks and outdoor activities! As you partake in the opportunities that await you, make sure you drink plenty of water, watch out for desert critters who are also seeking shade and cooler temperatures and apply sunscreen (even if you don't think you will burn). A quality sunscreen will keep out the UV rays that cause a burn without clogging pores and will still allow enough sun to achieve a tan. The American Academy of Dermatology suggests that at least an SPF 30 be used year-round for all skin colors and types.

Summer travel often means hours of family time in a vehicle. If you are planning to travel with pets or small children, please do not leave them in the car; not even for a short time. Did I mention how hot it gets here? Unattended children and pets are at risk for heat illness, drowning and wandering off.

For more information on the programs listed above, call (760)830-2173 or email Tanya.stuckey@med.navy.mil.



HM3 Ryan Stephen shows off the Certificate of Appreciation presented to his wife, Amanda, following his reenlistment ceremony on May 2. Stephen reenlisted for 2 more years and has been a laboratory technician at NHTP for the past 4 years. He's been in the Navy 6 years and is on track to make the Navy

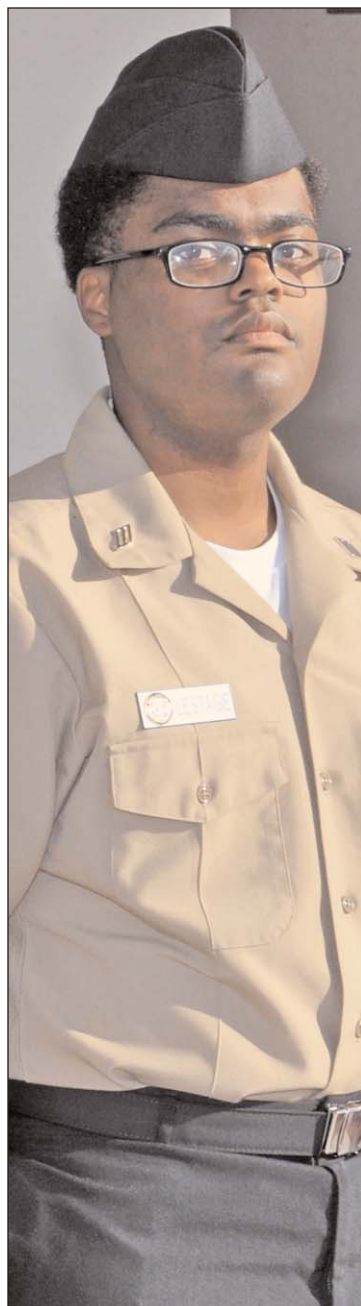
his career. Originally from Key West, Fla., Stephen will report to Navy Hospital Camp Pendleton in July. NHTP Executive Officer Angela Nimmo (left), Stephen's son Kolston, 2 1/2 (red shirt), and NHTP Director for Clinical

Support Services, Lt. Cmdr. Stacie Milavec (right) were on hand to congratulate HM3 Stephen with a "job well done!"

2X3  
Smith's Family  
Properties



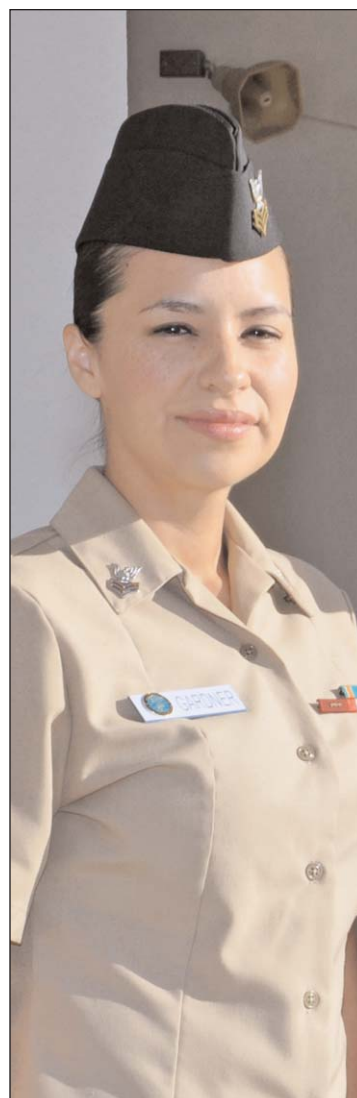
# Super Stars...



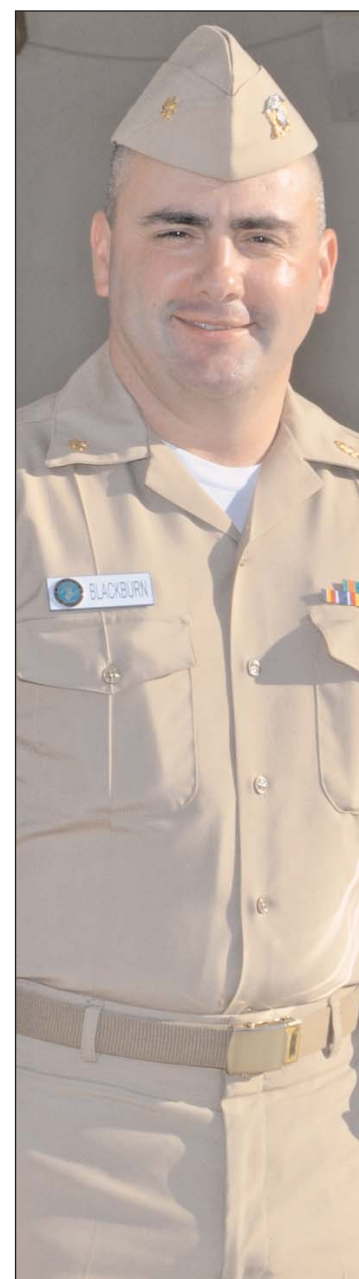
Hospitalman Kevin Lestage receives a Letter of Appreciation for his “outstanding performance as a Surgical Technician, Main Operating Room, NHTP, on August 23, 2013. You performed your duties in an exemplary and highly professional manner during a routine surgical procedure when the patient began to experience unexpected bleeding. Your exemplary professionalism and outstanding performance of duty reflect great credit upon yourself and were in keeping with the highest tradition of the United States Naval Service. I commend you for a job “Well Done” and wish you continued success in your future endeavors.” Signed, J.C. Sourbeer, Captain, Medical Corps, United States Navy.



Hospitalman Christopher J. Moran receives a Letter of Appreciation for his outstanding performance as a Surgical Technician, Main Operating Room, NHTP, on August 23, 2013. You performed your duties in an exemplary and highly professional manner during a routine surgical procedure with an unanticipated intra-abdominal hemorrhage. As a member of the attending surgical team, you immediately recognized the potentially critical nature of the situation and acted quickly to assemble three additional surgical sets necessary for the surgical control of bleeding. Your actions were noteworthy to the success of the surgical team’s quick and definitive intervention. Your exemplary professionalism and outstanding performance of duty reflect great credit upon yourself and were in keeping with the highest tradition of the United States Naval Service. I commend you for a job “Well Done” and wish you continued success in your future endeavors.” Signed, J.C. Sourbeer, Captain, Medical Corps, United States Navy.



Petty Officer First Class Lilia A. Gardner receives a Letter of Commendation for her selection as Senior Sailor of the Quarter for the first quarter, fiscal year 2014. “She achieved this distinction by demonstrating exceptional leadership, initiative, and dedication to duty. This prestigious recognition sets her apart as a true professional and personifies the enlisted community’s reputation of high standards of performance and conduct. Her enthusiasm and contributions epitomize the navy Medical Department’s motto, ‘World Class Care... Anytime, anywhere!’ and provide tangible evidence of the vital role that the enlisted community plays in today’s Navy. Petty Officer Gardner’s exceptional professional ability and loyal devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service. I take great pleasure in commending her for a job, ‘Well done.’” Signed, Bruce L. Gillingham, Rear Admiral, Medical Corps, United States Navy.



Lt. Cmdr. Joshua E. Blackburn receives a Navy and Marine Corps Commendation Medal for meritorious service while serving as Head, Pharmacy Department, NHTP, from August 2011 to May 2014. Lt. Cmdr. Blackburn implemented the new Navy enterprise-wide pharmacy standard operating procedure exceeding Bureau of Medicine and Surgery targeted completion goals by 2 months and ensured 100 percent compliance. He supervised the construction of two new dispensing windows and implemented new patient queuing software which streamlined the outpatient wait process and reduced wait times from 45 minutes to 15 minutes. Lt. Cmdr. Blackburn’s distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service.”



Lt. Derek L. Owens receives a Navy and Marine Corps Achievement Medal “for professional achievement in the superior performance of his duties while serving as administrative officer, Exercise Arctic Care, for April 2013, 4th Medical Battalion, 4th Marine Logistics Group. Lt. Owens performed his duties in an exemplary and highly professional manner. as the Director, Flight Operations, he tracked Black Hawk helicopters for transport into the region and successfully completed a total of 76 flight operations with a movement of 342 personnel. He led multi-service teams that provided medical, dental, and veterinary care to 12 remote Alaskan villages with a combined population of 10,000 Inupiat and other Alaskan natives. Over the 9 days the teams treated over 2,870 patients and performed over 11,580 medical, dental, and veterinary procedures resulting in a total cost production of over \$1,061,999, a total of 116 training hours performed on public health matters, and cost savings of \$134,500 in travel for specialty services. Lt. Owens’ exceptional professional ability, initiative and total devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the Marine Corps and the United States Naval Service.”S





Charlie Jansen (far left) poses with the NHTP CBRN team and NHTP Executive Officer Capt. Angela Nimmo (center) and Branch Clinic Director, Capt. Lisa Morris (far right) following its 2-day semi-annual training May 1. The BUMED First Receiver Training is designed to educate U.S. Navy Medical first receivers on the life-saving skills that are required for triage, field treatment, and decontamination procedures. The training is designed to give first receivers the skills necessary to decontaminate victims of chemical, biological, radiological/nuclear (CBRN) or hazardous material contamination. The first day of training involves classroom instruction. On day two, first responders engage in a timed exercise, dressing in protective gear, erecting the decontamination unit and decontaminating and preparing an exposure victim for medical evacuation.



## “My first name is Master Chief!”



HMCM Craig A. Hodges has his new rank pinned on by daughters Abbey (left) and Tayleur (right) during his pinning ceremony May 19. In his remarks, NHTP Commanding Officer Capt. Jay Sourbeer recounted a social event at which his wife, Shelly, asked a gruff master chief for his first name. “My first name is Master Chief,” the senior NCO repeatedly replied.



Lt. j.g. Devon Cassidy is promoted to her present rank during a promotion ceremony May 13. Cassidy’s home town is Mendham, N.J.. She’s been in the Navy 2 years and is a staff nurse on the NHTP Multi-Service Ward.



# Introducing New Staff -- Welcome Aboard!



**Lt. Cdr. Charles Dickerson**

*Lt. Cdr. Charles Dickerson arrived at NHTP from Naval Medical Center San Diego where he spent the last 2 years in his anesthesiology credentialing tour. Originally from Detroit, Michigan, Dickerson has extensive medical experience and training. He joined the Navy in 1993 in an enlisted, undesignated capacity. After 18 months, he was picked up by the BOOST Program (officer training program). After graduating from the Univ. of Memphis with an Registered Nursing degree, he returned to Navy medicine as an officer. He's deployed "many times" but says the most interesting deployment was when he entered Iraq on the second day of the invasion. Dickerson is accompanied by his wife, Brandi, and daughters, Halle, 10, and Briana, 14. Dickerson enjoys gaming, web design, working with Microsoft Access and reading.*



**HM2 Mario Acosta Morales**

*HM2 Mario Acosta Morales arrived to NHTP from Branch Health Clinic Groton, Connecticut, where he was Assistant Leading Petty Officer in the pharmacy. Acosta Morales has been in the Navy 8 years and will be a Pharmacy Tech in the NHTP Pharmacy as well. He counts a 10-month Kuwait deployment among his Navy tours of duty. "It was quite an experience," he said. Hometown is Wallingford, Conn. On an unaccompanied tour, Acosta Morales enjoys motorcycles and soccer when he's not on duty. In soccer he plays defense and says he will definitely check out the championship NHTP team. He plans on living in Twentynine Palms but hasn't yet found a place.*



**Jessica Wofford**

*Jessica Wofford spent the last 13 1/2 years in the Air Force working as an ultrasound technician. She arrived here from her most recent duty station, Langley, Virginia. Wofford is assigned to NHTP Radiology Department where she's already working as an ultrasound technician. She is here with her daughter, 19 months, and son, 9, and they are awaiting the arrival of husband and dad, Dwight, currently a civilian employee at Hill Air Force Base. Wofford received her radiology and ultrasound training in the Air Force and is currently working on her Bachelor's degree in Radiology with the Adventist University of Health and Sciences. Wofford enjoys playing sports, watching sports, and playing with her children. Wofford likes the high desert. "We lived in Tucson for a while and we wanted to move back to the desert, so here I am."*



**HM1 Jimmie Thomas**

*HM1 Jimmie Thomas just arrived from Balboa, but he's no stranger to Twentynine Palms. He spent 3 years with the 7th Battalion, 7th Marine Regiment, here on the Combat Center with whom he deployed to Japan and "a couple of times" to Iraq. He describes those experiences as "life changing." Thomas is originally from Little Rock, Ark., where he enlisted. His wife, Hollie, and two sons, ages 9 and 2, and two daughters, ages 5 and 4, are still living in the San Diego area until Base housing becomes available. Thomas enjoys volunteering for worthy causes, football, sports, watching TV. When asked how his family feels about moving to the high desert, Thomas said: "The don't mind it. They just want to go wherever I'm at."*



**Fa'afiuloto Nador**

*YNSN Fa'afiuloto Nador enlisted from Anchorage, Alaska, immediately following high school graduation. She's been in the Navy 3 years and has spent most of that time on the U.S.S. Pearl Harbor. She explains her unusual name as originating from her American Samoan mother and her Figian father. She likes being a yeoman and says her duties involve "a lot of paperwork." At NHTP she's assigned to Human Resources Department. She describes her experience on the U.S.S. Pearl Harbor as "amazing." She said she enjoys traveling overseas and particularly liked the Middle East. Nadore says Twentynine Palms is "beautiful" and she expects to enjoy her tour of duty in the high desert. She enjoys playing football, volleyball, basketball; and she enjoys singing and dancing.*



Navy than women are when invading what a man calls his domain.”

In October 1908, the first portrait of these plank owner nurses was taken in front of Naval Hospital Washington, D.C. (main hospital building). This building would later become the U.S. Navy Bureau of Medicine and Surgery’s “Building Three.” The picture featured one current and two future superintendents of the Nurse Corps. Collectively, Esther Hasson, Lenah Higbee and Beatrice Bowman would account for 27 years of Nurse Corps leadership.

## Rank

In 1908, the Navy Medical Department was comprised of Medical Corps Officers and Hospital Corpsmen (then referred to as Hospital Stewards and Hospital Apprentices). Unlike their physician counterparts, the first nurses did not hold rank. Navy nurses were not granted “relative rank” until July 3, 1942. Nurse Corps officers were finally granted “full military rank” on February 26, 1944.

## Roles in Navy Medicine

Until 1909, all Navy nurses had the choice of one duty station, Naval Hospital Washington, D.C. (sometimes referred to as the Navy Medical School Hospital). In 1909, BUMED began detailing its Navy Nurse Corps to medical facilities outside of Washington, D.C. Naval Hospitals Annapolis, Md., Brooklyn, N.Y., and Mare Island, Calif., were among the first hospitals to receive nurses. In spring 1909, Surgeon James Leys, commanding officer, Naval Hospital Norfolk, Va., requested BUMED to send “nurses” to his hospital. When three female nurses (Lenah Higbee, Ethel Swann, and Mary Nelson) reported for duty Surgeon Leys was aghast.

He had fully expected to receive male hospital corpsmen and did not know how they could work in a hospital without a single female patient.

Their original quarters were located in a rented house on 21st Street, N.W., only a few blocks away from the Naval Hospital.

# Nurse Champions!



***Lt. Ashley Robertson***  
***Annual 2014 Senior Nurse Corps Clinical Nursing Excellence Award.***



***Ms. Dinah Olivera***  
***Annual 2014 Clinical Nursing Excellence Award for Licensed Practical Nurse.***



***Ms. Jennie Pyle***  
***2014 Annual Contract Clinical Nursing Excellence Award***



***Lt. j.g. Brent Edwards***  
***2014 Annual Junior Nurse Clinical Nursing Excellence Award***



***Original “Sacred Twenty” nurses.***



***(Left) Capt. Sandra Mason, NHTP Director of Nursing Services, holds the Nursing Corps cape. (Top) Genevieve Salisbury, 84, shares her experiences as a Navy Nurse.***

MBTA  
2X8

# Flag Conditions Color Training

*By NHTP Preventive Medicine*  
It's Getting Hot Out Here!

The weather in the Morongo Basin has a history of taking us by surprise. In recent weeks, our temperatures have fluctuated by more than 20 degrees in a day. Crisp desert mornings and cool evenings can lull us into a false sense of security making us believe that we are not at increased risk of heat injuries.

There are several factors to consider when working or exercising outside; hydration, acclimatization, exposure, appropriate attire, personal history and beverage and dietary supplement consumption.

Proper hydration begins 24 to 48 hours in advance of long marches or strenuous outside activity. Drink fluids frequently and throughout the day. Large volumes of relatively clear urine indicate proper hydration. Small volumes or dark urine indicates dehydration. Acclimatization is the ability to undergo physiological adapta-

tions to function in a hot environment. According to NAVMED P-5010, "A period of 3 weeks is optimal for acclimatization, with progressive degrees of heat exposure and physical exertion. A minimum of 2 weeks is necessary for the acclimatization process."

No amount of acclimatization will change the body's requirement for hydration.

The wet bulb globe temperature (WBGT) that is used to determine flag conditions and work/rest cycles is an effective way to identify the risk of external heat stress on the body. Flag-warning conditions can be found in the chart (below).

You should protect your skin with loose, light colored clothing and sunscreen. Inform medical personnel of known family history of medical conditions, or prior heat related fainting or illness. Those with a history of heat illnesses are at higher risk. Avoid alcohol and dietary supplements before extended expo-



*Green flag condition*

sure, and be aware of warnings on prescriptions as they may increase sensitivity.

Mission readiness requires preparation both on and off duty. Adopting a healthy lifestyle with proper exercise, nutrition and adherence to personal safety increases performance, presence and well-being.

Green Flag	WBGT index of 80° to 84.9° F	unacclimatized personnel, will be conducted with caution and under constant supervision.
Yellow Flag	WBGT index of 85° to 87.9° F	Strenuous exercises, such as marching to standard cadence, will be curtailed for unacclimatized personnel for the first 3 weeks as per NAVMED P-5010. Avoid outdoor classes in the sun.
Red Flag	WBGT index of 88° to 89.9° F	All PT will be curtailed for those personnel who have not been thoroughly acclimated by at least 12 weeks as per NAVMED P-5010. Those personnel who are fully acclimated may carry on limited activity not to exceed 6 hours per day.
Black Flag	WBGT index of 90° and above	All nonessential physical activity will be halted.

# Exercise Brings Bone Benefits that Last

Building bone as a young adult can have benefits that last a lifetime, a new study showed. The research also confirmed that physical activity as we get older can help us maintain bone strength.

Bone is a living tissue. It responds to physical activity by becoming heavier, bigger, and stronger. It does this best when we're young. Bone mass usually peaks when we're in our 20s. After that, we often begin to lose bone.

Studies of animals have shown that exercise during periods of rapid growth can lead to life-long benefits in bone size and strength.

To see if the same holds true for humans, a team of NIH-funded scientists studied more than 100 professional baseball players at different stages of their careers. Baseball players were ideal subjects, because their throwing arms get a lot more action than their non-throwing arms. Baseball players also tend to retire from stressful throwing activities once they stop professional play. This allowed the scientists to look at the effects of physical activity long after intense throwing had ended.

The researchers found that the upper bones in the throwing arms of players were nearly twice as strong as the bones in non-throwing arms. Throwing arm bones had about 50% greater mass, size (total cross-sectional area), and thickness.

As players got older, the bone mass benefits from throwing were gradually lost. But about half the bone size benefits and one-third of the bone strength benefits were maintained life-long. Players who continued throwing during aging lost less bone and kept even more of the strength benefits.

"Exercise during youth adds extra layers to the outer surface of a bone to essentially make the bone bigger," says study leader Dr. Stuart J. Warden of Indiana University. "The bigger bone generated by physical activity when young has a means of sticking around long term to keep the skeleton stronger."

*This article is a reprint from the National Institutes of Health website: NIH.gov. To read this and other health-related articles, please visit the website and click on News in Health, a monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services.*



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